

# FOR OLDER ADULTS

WHAT YOU CAN DO TO PREVENT COVID-19



## STAY AT HOME

As much as possible



## WASH YOUR HANDS OFTEN

With soap and water



## AVOID CLOSE CONTACT

With those who are sick



## CLEAN AND DISINFECT

Commonly touched surfaces



## WEAR A CLOTH FACE COVERING

In all public spaces



## CALL YOUR HEALTHCARE PROFESSIONAL

If you develop any signs or symptoms